

ABBEYDALE TENNIS CLUB

COACHING & ACTIVITY PROGRAMME

AUTUMN 2010

MONDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Born2Move Adult Exercise Classes	10.00 - 11.00 am	All abilities and fitness levels welcome	M - £4.00 / wk x No. of weeks in term V - £5.00 / wk x No. of weeks in term
Ladies Social Tennis	10.00 - 11.00 am	All Standards Welcome	Pay as you play
Tiny Tots Tennis	4.00 - 4.30 pm	3 - 4 year olds	M - £4.50 / wk x No. of weeks in term V - £5.50 / wk x No. of weeks in term
Mini Tennis Red	4.30 - 5.15 pm	5 - 7 year olds	M - £6.00 / wk x No. of weeks in term V - £7.00 / wk x No. of weeks in term
Mini Tennis Orange	5.15 - 6.00 pm	8 - 9 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Mini Tennis Green	5.15 - 6.00 pm	10 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Bronze Coaching (Indoors)	5.00 - 6.00 pm	Junior 11+ / Full Ball Beginners / Intermediate	M - £7.25 / wk x No. of weeks in term V - £8.75 / wk x No. of weeks in term
Born2Move Children's Exercise Classes	5.00 - 6.00 pm	All abilities and fitness levels. Ages 5 - 12	M - £4.00 / wk x No. of weeks in term V - £5.00 / wk x No. of weeks in term

TUESDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Ladies Morning Tennis Group - A	10.00 - 11.30 am	Intermediate	M - £12.37 / wk x No. of weeks in term V - £13.37 / wk x No. of weeks in term
Ladies Morning Tennis Group - B	10.00 - 11.30 am	Intermediate	M - £12.37 / wk x No. of weeks in term V - £13.37 / wk x No. of weeks in term
Ladies Social Tennis	11.30 - 12.00 pm	All Standards Welcome	Pay as you play
Tiny Tots Tennis	4.00 - 4.30 pm	3 - 4 year olds	M - £4.50 / wk x No. of weeks in term V - £5.50 / wk x No. of weeks in term
Mini Tennis Red	4.30 - 5.15pm	5 - 7 year olds	M - £6.00 / wk x No. of weeks in term V - £7.00 / wk x No. of weeks in term
Mini Tennis Orange	5.15 - 6.00 pm	8 - 9 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Mini Tennis Green	5.15 - 6.00 pm	10 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Members Mixed Social (Winter) Indoors from September 7 th	7.00 pm - close	All Adults and Junior 10+ welcome	No charge when outside M - £5.00 per night when indoors

WEDNESDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Ladies Morning Tennis Group - C	10.00 - 11.30 am	Intermediate	M - £12.37 / wk x No. of weeks in term V - £13.37 / wk x No. of weeks in term
Adult Coaching	6.00 - 7.00 pm	All Adults Welcome	M - £ 9.00 / wk x No. of weeks in term V - £10.00 / wk x No. of weeks in term
Men's Social Tennis Evening (Indoor Bubble Courts)	7.00 - 9.00 pm	All Welcome	M - £5.00 <i>Pay as you Play on the night</i> V - Not Applicable - Members only

THURSDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Ladies Morning Tennis Group - C	10 - 11.30 am	Intermediate	M - £9.75 / wk x No. of weeks in term V - £10.75 / wk x No. of weeks in term
Tiny Tots Tennis	4.00 - 4.30 pm	3 - 4 year olds	M - £4.50 / wk x No. of weeks in term V - £5.50 / wk x No. of weeks in term
Mini Tennis Red	4.30 - 5.15pm	5 - 7 year olds	M - £6.00 / wk x No. of weeks in term V - £7.00 / wk x No. of weeks in term
Mini Tennis Orange	5.15 - 6.00 pm	8 - 9 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Mini Tennis Green	5.15 - 6.00 pm	10 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term

FRIDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Born2Move Adult Exercise Classes	11.00am - 12.00pm	All abilities and fitness levels welcome	M - £4.00 / wk x No. of weeks in term V - £5.00 / wk x No. of weeks in term
Tiny Tots Tennis	4.00 - 4.30 pm	3 - 4 year olds	M - £4.50 / wk x No. of weeks in term V - £5.50 / wk x No. of weeks in term
Mini Tennis Red	4.30 - 5.15pm	5 - 7 year olds	M - £6.00 / wk x No. of weeks in term V - £7.00 / wk x No. of weeks in term
Mini Tennis Orange	5.15 - 6.00 pm	8 - 9 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Mini Tennis Green	5.15 - 6.00 pm	10 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term

SATURDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Born2Move Children's Exercise Classes	8.15 - 9.00 am	All abilities and fitness levels. Ages 5 - 12	M - £4.00 / wk x No. of weeks in term V - £5.00 / wk x No. of weeks in term
Mini Tennis Red	9.00 - 9.45am	5 - 7 year olds	M - £6.00 / wk x No. of weeks in term V - £7.00 / wk x No. of weeks in term
Mini Tennis Orange	9.45 - 10.30am	8 - 9 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Mini Tennis Green	9.45 - 10.30am	10 year olds	M - £6.75 / wk x No. of weeks in term V - £7.75 / wk x No. of weeks in term
Platinum Coaching	12.00 - 1.00 pm	Juniors 11 +	M - £7.25 / wk x No. of weeks in term V - £8.25 / wk x No. of weeks in term
Gold Coaching 1	1.00 - 2.00 pm	Juniors 11 +	M - £7.25 / wk x No. of weeks in term V - £8.25 / wk x No. of weeks in term
Gold Coaching 2	2.00 - 3.00 pm	Juniors 11 +	M - £7.25 / wk x No. of weeks in term V - £8.25 / wk x No. of weeks in term
Silver Coaching 1	3.00 - 4.00 pm	Juniors 11 +	M - £7.25 / wk x No. of weeks in term V - £8.25 / wk x No. of weeks in term
Silver Coaching 2	4.00 - 5.00 pm	Juniors 9 +	M - £7.25 / wk x No. of weeks in term V - £8.25 / wk x No. of weeks in term
Junior Social Tennis (Supervised)	1.00 - 4.00pm	All Juniors - Age 7 +	M - £1.00 Pay as you play V - Not Applicable (Members Only)

To book on any of the courses or for further information, please ring The Club's reception on **0114 236 1938**